

*"It takes a lot of courage to release the familiar and seemingly secure, to embrace the new. But there is no real security in what is no longer meaningful. There is more security in the adventurous and exciting, for in movement there is life, and in change there is power." - Alan Cohen*



# Healing the Wounds & Breaking Old Patterns

**Oakville, Ontario**

**March 6, 7, 8, 2009** Fri. 7 - 9:00 ~ Sat. 10 - 6: ~ Sun. 10 - 6:

We support  
you to heal  
and excel in  
all areas of  
your life.

*Surviving is important, but thriving is elegant."* - Maya Angelou

**Dr. Sharon Forrest**

**TRIUMPH! GO FROM WOE TO WOW NOW!**

If you work with people, you were, or you know a loved one who was abused, neglected, or traumatized ... this is the workshop for you!

**The deepest wounds we all carry are locked in our subconscious - out of our everyday awareness**

Deep memories and subtle impressions, from unfinished experience, rooted in the past. The pain from those wounds comes to revisit, to block and paralyze us in the moment called now. We all know it comes without warning - "Why am I feeling this way, I didn't mean to do that, I don't know what made me say that."

Healing does not mean finding and treating every single inner scar which sends it message to haunt us. It means going even deeper, past those wounds, beyond those distant memories and recording of unfinished business, to the core of our self, to the heart of our spirit, where we find the light and warmth of our own core qualities of courage, love and peace. They are eternally present within us they are what we need to heal all our inner wounds.

*"Even the most daring and accomplished people have undergone tremendous difficulty. In fact, the more successful they became, the more they attributed their success to the lessons learned during their most difficult times. Adversity is our teacher. When we view adversity as a guide towards greater inner growth, we will then learn to accept the wisdom our soul came into this life to learn."*

Are your childhood memories of joy, laughter, adventure or fear, rejection, abuse? Or... too many forgotten memories and vague bits of "unfinished business"? Whatever your experience, even if your conscious memories are lost or suppressed, your inner child is there. It is a very real part of you and plays a large part in your daily life. Come! It's time to invest in yourself and take your power back! Even if you have attended workshops before and done tons of therapy, this one is a must, because it begins where the others leave off. In this workshop people go from surviving to thriving!!! Go from woe to WOW! now!

You will have many unique, powerful opportunities to discover, confidentially and safely, how abuse, past or present, affect all areas of your life. Healing happens in a warm nurturing environment with each tear and secret shared and all the little kindnesses that whisper someone has been there, cares, believes and understands.

Dr. Sharon Forrest who experienced horrendous mental, physical, emotional and sexual abuse has healed herself and now is empowering and inspiring others to transform. Dr. Sharon is internationally well-known and loved as a Master Healer/Teacher and certified clinical hypnotherapist. She has an extensive background in transpersonal psychology, naturopathic medicine and has specialized in inner child and abuse work for 40+ years.

Experience a life-changing workshop designed to give you the most effective, innovative tools, safely and support needed to free yourself from subconscious, beliefs, and detrimental programming which undermine all your relationships, even with yourself! Sharon is lovingly called "Bratty Angel" because of her warm loving nature, laced with a touch of mischievous humor. Dr Forrest will gently guide you on a liberating journey of self-discovery, self-empowerment and multi-generational healing.

- ☐ Do you suspect or know of sexual, emotional, verbal or physical abuse in your family?
- ☐ Do you have abandonment / rejection issues?      ☐ Do you express or implode your anger and rage?
- ☐ Do you dislike your body, your lifestyle?      ☐ Do you have a poor image of yourself even today?
- ☐ Are you a perfectionist?      ☐ Do you have control issues?      ☐ Do you have trouble trusting other people?
- ☐ Do you ever get depressed or even suicidal?      ☐ Do you tend to 'numb out' or 'shut down' or act out?
- ☐ Do you wonder where certain feelings of anger, guilt and fear are coming from?
- ☐ Do inhibitions and undesirable patterns prevent inner peace, loving relationships, health, and success?
- ☐ Do you attract the same type of people and/or the same type of situations?
- ☐ Do you subconsciously turn to food, relationships, drugs, alcohol, sports or sex to cover the pain?
- ☐ Are you inclined to confuse sex and affection?      ☐ Do you have sexual and intimacy issues?
- ☐ Do you sometimes get very angry, rage or lose control and wonder why?
- ☐ Have you forgotten or blocked out parts of your childhood?      ☐ Are you the partner of an abuse survivor?

Have you answered, "yes" to any of these questions? Are you Break Multigenerational patterns NOW!  
Are you ready to heal! If so, this is the workshop for you!

**The kind of ancestors we have is not as important as the kind of ancestors our descendants have.**

## Move out of the darkness.... And into the Light!!

It's time to invest in yourself and take your power back! Go from woe to WOW now!

The kind of ancestors we have is not as important as the kind of ancestors our descendants have.

Learn techniques and resolve in a weekend what most therapies take years to accomplish... if ever.

- Geared to professionals, non-professionals and anyone desiring to understand and heal.
- Learn physical/emotional symptoms and illnesses caused by living in abusive environments.
- Discover the common long-term effects of childhood abuse on all areas of your adult life.
- Learn effective ways of dealing with these issues, plus prevention and elimination of multigenerational abuse.
- Understand and eliminate feelings of guilt, anger, depression and poor self-image.
- Ascertain the various types of abuse, their signs and symptoms.
- Understand the 'false memory syndrome'.
- Anger Resolution ~ Turn internal anger into positive, constructive thought patterns.
- Resolve! Go beyond understanding why these experiences happened, and HEAL!
- Promote a happier, healthier lifestyle for yourself and your loved ones.

**Your investment in regaining your life \$250.00**

**Sponsored by: Healthways International & Path of the Heart**

**For registration please contact Tel: 905-337-2255 ~ E-mail: [lotuslin@cogeco.ca](mailto:lotuslin@cogeco.ca)**

Testimonials:

§ I have attended this workshop twice: once November/91 and in June/92. For the first workshop, my goal was to expand my personal skills and explore my own psychological blocks that prevented me from helping a family torn apart by sexual abuse to make progress. The second time I attended with the goal of expanding my technical skills towards integrating Dr. Forrest's methods into my clinical supervision of family therapists.

§ The workshop has expanded my ability to 'use self' in therapy by expanding both my personal and professional skills. With my private clients, I have found Dr. Forrest's methods enhance the therapeutic process, accelerate healing and significantly decrease the number of sessions required for clients to come to peace with themselves, prepared to take appropriate action. I am now beginning to explore how I can integrate these skills in the clinical supervision I provide for family therapists at my agency.

§ As a fellow educator, I am very impressed with Dr. Forrest's course material and her methods of teaching. Dr. Forrest does a wonderful job of making learning fun, easy and meaningful. She takes very complex material and conveys it in simple but elegant ways. Exercises, materials and experiential learning are nicely balanced. Personal risk taking is made easy within a safe context of mutual respect and support.

§ I teach the course "Advanced Supervision in Family Therapy; linking of Theory and Practice", for the Advanced Social Work Practice Certificate Program at the University of Manitoba's Humanities and Professional Studies, Continuing Education Division. I believe that Dr. Forrest's workshop "Healing your Inner Child" would be an excellent required core course for the Advanced Social Work Practice Certificate Program or any other advanced course of studies in the helping professions. Sincerely Len Z. B.A.,R.P.N.,M.S.W.

§ I found Dr. Forrest's "It Works!" to be transformative. An amazing process! Clarity, profound understanding, compassion and self-forgiveness emerged. As a result, I have my life back. I highly recommend her therapies to individuals and families stuck in painful unresolved issues of blame, grief, anger, depression, trauma, abuse and those interested in understanding and breaking multigenerational patterns. - Debbie R

§ I agree with what you say Dr. Sharon and I speak from experience!!! Adult children who grew up in abusive homes where they were in fear of being killed in a violent outburst of rage by one or both parents, have the same symptoms of PTSD as others who get this from a traumatic adult experience. Interestingly, with each traumatic experience my reactions became more and more severe and I became more and more fearful as time went on, until finally I stopped and faced what was happening and where it came from. The psychologist I had been seeing for years, told me she did not understand why I suffered such severe anxiety! Wow...I can hardly believe that she said that given everything that I had shared with her over the years. I stopped seeing her as a result of that shocking statement and my realization that she really did not understand! The great thing was that that made me understand!!! for the first time in my life just how severe and serious the abuse had been. I was not sexually abused but I was abused in every other way. We also experienced severe poverty." Florence R. MBA, CHRP, CCRC, RSW, & Personal Success Coach,

§ Dear Sharon, You're on my mind so much lately and I'm going to sit right down and write you a note. I miss your wonderful smile and congenial, wise and witty personality. I cannot begin to tell you how the healings I received in your workshops have benefited me. I never thought I would recover from my "stuff", but there is plenty of evidence to show how that has been reversed. Thank you and Hallelujah! And the movement of healing is continuing.~ Crystal

*Happiness lies for those who cry, those who hurt, those who have searched, and those who have tried, for only they can appreciate the importance of people who have touched their lives.*

*Welcome!*